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SHEPARD'S

SANITARIUM

ON THE COTTAGE PLAN.

Two Separate Departments:

A Department for Nervous and Chronic Diseases.
A Department for Mental Diseases.

WILLIAM SHEPARD, M. D.
BISHOP MCMILLEN, M. D.
} PHYSICIANS.

COLUMBUS, OHIO.

LIBRARY

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THE COLUMBUS SANDUSKY AND HOCKING RAILROAD CO.

TIME TABLE IN EFFECT JULY 19, 1896.

SOUTH BOUND.

Chicago, Lv	8:00 PM	11:30 PM	7:30 AM
Toledo, P. Co	----------	7:55 AM	3:00 PM
Tiffin, "	----------	9:40 "	4:35 "
Sandusky	†4:30 AM	P†10:35 "	P*5:00 "
Bellevue	5:00 "	11:04 "	5:29 "
Attica	5:16 "	11:30 "	5:56 "
Bucyrus	6:00 "	12:03 PM	6:29 "
Marion	6:32 "	12:25 "	7:01 "
Delaware	7:12 "	1:16 "	7:42 "
Columbus, Ar	8:00 "	P2:05 "	P*8:35 "
Columbus, Lv	*7:35 "	4:00 "	
Shepard;s	7:45 "	4:13 "	
Thurston	8:35 "	5:00 "	
Thornport	8:54 "	5:19 "	
Zanesville	10:00 "	6:25 "	
Rendville	10:26 "	6:50 "	
Corning	10:29 "	6:53 "	
Shawnee, Ar	†11:05 "	†7:30 "	

NORTH BOUND.

Shawnee, Lv	†5:50 AM	†2:15 PM	
Corning	6:26 "	2:51 "	
Rendville	6:29 "	2:54 "	
Zanesville	6:55 "	3:20 "	
Thornport	8:00 "	4:27 "	
Thurston	8:19 "	4:16 "	
Shepard's	9:07 "	5:32 "	
Columbus, Ar	9:20 "	5:45 "	
Columbus, Lv	P11:35 "	†6:10 "	P*6:00 AM
Delaware	12:24 PM	7:00 "	6:48 "
Marion	1:02 "	7:39 "	7:26 "
Bucyrus	1:34 "	8:12 "	7:59 "
Attica	2:08 "	8:47 "	8:33 "
Bellevue	2:35 "	9:15 "	9:00 "
Sandusky	P†3:05 "	†9:45 "	P*9:30 "
Tiffin, P. Co	3:05 "	9:10 "	----------
Toledo, "	4:45 "	11:10 "	----------
Chicago, Ar	9:55 "	7:35 AM	5:35 PM

*Daily. Parlor cars on trains between points marked P.
† Daily except Sunday.

Tickets on sale to all the principal cities in the United States or Canada. Direct connection made for all important points North, South, East or West.

Any Ticket Agent will give you full information concerning connections, or you can address John S. Beals, General Passenger Agent, Columbus, O.

WM. THORNBURG, Gen'l Supt.

JOHN S. BEALS, Gen'l Pass. Agt.

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Location.

Shepard's Sanitarium is situated just outside the northeast city limits of Columbus, Ohio, at the corner of Nelson and Fifth Aves., in the pleasant suburban village of Shepard, O., which has grown up about the institution. Shepard Postoffice and Shepard Station are but one square away, on the Columbus, Sandusky & Hocking Ry. All trains on the road stop at this station.

When trains arriving at Columbus do not make connection with trains for Shepard, and special arrangements have been made by letter and a full description given so the party can be recognized, a carriage from the Sanitarium will meet patients at the Union Depot, Columbus, Ohio, or, on arriving in the city, take the Mt. Vernon Ave. street car to the east end of the line at 20th St. Then take the public hack which leaves for Shepard four times a day.

Terms.

Our charges are from ten to twenty-five dollars per week in advance.

The condition of the patient, the amount of care needed and the room occupied will determine the rate to be charged.

To friends of patients and transient boarders a one dollar per day rate is given.

Write us. State the patient's condition in full. We will gladly answer all questions of inquiry and give rate to be charged.

Address.

All letters, money orders and express packages for patients and the Sanitarium should be sent to Shepard, Franklin County, Ohio. The Sanitarium also receives mail at the city office, Columbus, Ohio, P. O. Box 713.

Telephone 389.

The Department for Nervous and Chronic Diseases.

This department, under the direct care of Dr. Wm. Shepard, assisted by Dr. McMillen and Dr. J. V. Steele, will continue, as it has in the past forty-six years, to receive and treat patients afflicted with all forms of chronic diseases.

The Treatment

Is designed to be hygienic, using little or no medicine. Our reliance being in a great degree upon what now passes with the medical world under the term

Massage,

which we define as the administering of exercise to the passive invalid by the hand of the physician.

Massage has a very different effect given in this way, than when given by the inexperienced, the careless or ignorant attendant, who knows nothing of Anatomy or Physiology, nothing of the principles underlying magnetic treatment.

It tones up the weak, generally or specially, quiets and invigorates the

nervous, restores lost vitality and circulation.

But, in order to bring the patient into such harmony as to receive the full benefit of this Massage Movement Cure, *rest* and *passivity* are important conditions. Rest of heart and brain, of every tired and strained faculty, a state receptive of all helpful, hygienic influences.

The rest and tranquility being obtained, there follows the stimulating of healthful energies that are latent in the system, roused not by the patient's will, for that needs to be passive, but by the vitalizing influence of the treatment.

Uterine Diseases.

We wish to call especial attention to the success we have in the treatment of uterine disease, closely connected with which are the nervous diseases so common now among women.

After long experience and very careful consideration of the whole matter of uterine disease, we are obliged to say that the ordinary method of treatment, by caustic, pessaries, supporters, etc.,

is not, in our judgment or experience, the best, and therefore not the most scientific.

It sometimes seems best to class it with methods derived from studying disease from a wrong standpoint. A study not of the nature of woman, correcting the errors of habit and education, but a study of remedies reaching certain local conditions. In other words, the treatment is superficial, not radical.

That there are cases where some surgical operation is necessary, is true, but the cases treated by speculum examination, caustic application, pessaries, etc., are a hundred times more in number than there is any need of.

Through our methods of uterine massage, we reach such cases by an easy and much more natural course, and with far greater success. Besides, it gives the woman some courage, and the hope that by care, the knowledge she gains, and attention to some simple means of treatment, she can in the future maintain her improved state of health.

Nervous Diseases Among Men.

This difficulty among men is widespread, is increasing rather than diminishing, and its victims are among the most active and useful. A cure, or complete restoration is rare, for it is difficult to cure with medicine.

What healing power is there in tonics and anodynes? None whatever. What is infinitely better, and what is alone really curative, is time, with peaceful surroundings, wise and willing denial of excitement, and the steady, calm, restful magnetism of the massage treatment.

There is hope in this—there is restoration—hope that by the vital force of another properly poured, as may be said, into the invalid, together with restful habits of mind and body, nutritious food, all that the appetite craves, health and vigor may be brought back to shattered nerves.

Dyspepsia.

Dyspepsia is one of the most common chronic disorders, and one of the most

depressing in its general effects; it demands a special notice.

We have usually found it to be a sympathetic difficulty, not often organic, but dependent upon weakness of nervous forces of the stomach, or weakened action of the abdominal muscles. To those not acquainted with the workings of the Movement Cure, it may seem surprising to hear it said that dyspepsia is not a difficult disease to cure; but we find this true in our practice.

We are in the habit of making very little change in the diet of such patients, but rely almost wholly on the manipulating process to give tone to those weakened parts. This is certainly the correct method, as our success demonstrates; and what is best of all in the treatment, is, it leaves the patient in what may be called a full habit, able to eat food of a wholesome and nutritious character, instead of living by a lower standard, or Graham method.

Mental Conditions.

Knowing that chronic disease is apt to warp the mind and derange the per-

ceptions, *mental hygiene* receives from us due attention.

To re-establish normal and harmonious action throughout the organization, is a double process, including mind as well as body. Mental teaching and discipline must, therefore, enter largely into the work.

A word may be added here in regard to Christian Science, Mind Cure, Metaphysical healing, laying on of hands, etc., etc. There is an underlying truth in all these methods, and it is embodied in the arousing, directing and management of the emotions. I may perhaps say in the power of the physician to substitute healthy, hopeful and vigorous, for unhealthy, depressing emotions, and it is within the province of the physician to treat and direct the emotions, as much as the body of the invalid — it is just as legitimate, and possibly the growth and advance in medicine in future may lie somewhat along these lines.

We need not particularize further the kinds of disease treated, except to say that while we do not wish to encourage

the stay of invalids who are incurable, yet, if curable, or within the possibility of being benefited, we welcome all, and treat diseases of whatever name; Rheumatism, incipient pulmonary disease, paralysis, etc.

It will be inferred from the preceding that we are by no means ultra in bathing, diet or exercise.

The application of water is always moderate, the diet good, and exercise carefully graded.

Patients coming here will meet with a kind reception, be treated with attentive care, and it is our earnest endeavor to create around them a cheerful, homelike atmosphere.

A large, shady lawn gives opportunity for pleasant out-door life to such patients as are in a condition to enjoy it, and innocent amusements are encouraged whenever we feel that they will be helpful to our invalids.

It will be expected of all, without exception, who become patients, to give *cheerful submission* to the judgment, directions and management of the physicians in charge.

was opened in July, 1894, and placed under the personal supervision of Dr. Bishop McMillen, who having for several years held the position of *Assistant Physician* at the Columbus, Ohio, Hospital for the Insane, has been able, with Dr. J. V. Steele, as assistant, and Dr. Shepard, as consulting physician, to place this department in excellent working order. And our rates have made it possible for many to receive the benefits of a Sanitarium, who formerly would have had to seek admission to a State institution.

Many people do not care to consign their friends to a public institution; others wish to avoid the publicity of a *legal inquest*, and the usual newspaper notices. We furnish an application blank and receive patients on the statements of the family Physician and a friend, and endeavor to make their surroundings homelike and comfortable.

Sleep and feeding are the two essentials in the care of an insane patient. We give especial care to these condi-

tions, and with a small number to treat we are confident of a greater per cent. of recoveries than can be made in large public institutions.

Acute cases need constant care; this we give by having experienced attendants with them day and night. We intend that the medical treatment shall be equal to that furnished at State Institutions. In large asylums each Physician has from 200 to 300 patients to see *daily*. Each attendant from twelve to twenty-five patients to care for. While we, with immediate personal supervision, and from one to four patients to each attendant, can offer better care and greater individual advantages *daily* to each patient than can possibly be given where so many are crowded together.

Our buildings are heated by hot water and hot air, which gives us an even temperature throughout the house of seventy degrees day and night. This insures great comfort for our patients, prevents injury by burning themselves, and danger from fire.

Alcohol and Morphine.

The abuse of the use of Alcohol, Morphine, and other drugs, which at first is but a habit, but if long indulged in becomes a disease, with well defined pathological changes, which cannot be overcome by the feeble efforts of the patient alone, nor cured by any one of the numerous patented formulas which have become a fad in recent years. It is seldom that two patients are found whose condition demands the same treatment. Special indications must be met in each case. Nutrition is deranged and the patient sleepless. It will take several weeks after the drug is withdrawn to correct these wrongs, or a relapse will most likely occur. We are aware there are a number who advertise a quick cure for drug habits. But we believe in the slow and gradual withdrawal of the drugs, so as to avoid mental shock. The blood making is defective. The brain anæmic. The mind weakened. Will power gone. It takes time to restore these physical and mental forces. The nervous system must

be built up before the case is discharged. Where patients will remain under observation a sufficient length of time, we usually effect a cure.

Electricity and Electric Baths.

We have a complete system of Electric Baths. Our battery is new, with many recent improvements. We can use its separate currents, and these may be modified or combined to meet the demand of any case.

Many acute diseases of a painful nature, such as sciatica and other neuralgic troubles, rheumatism, etc., yield readily to the Electric Bath. Besides there is a vast field for its use in the treatment of chronic diseases.

We hope to aid Physicians in treating their cases, by their sending such patients to us for Electric Baths while they direct the remainder of the treatment at home.

Especial care given Invalids, Cripples, Feeble-Minded and Aged Persons. There are many homes where a dependent member of the family is cared for. It will be gratifying to know that we ac-

cept and care for such persons while their families are temporarily away from home on business or for an outing.

Buildings and Grounds.

The Sanitarium is built on the cottage plan, and during the past year many improvements have been made in our buildings, furnishings and equipments, which adds greatly to the comforts of our patients and modernizes the institution.

The buildings front on Nelson Avenue, while Fifth Avenue passes through the grounds and entirely separates the two departments. Both departments have large grounds that are well kept and shaded. Here patients who are able to get out doors during the summer months spend much time with games and taking exercise in the fresh air or long walks in the shaded avenues.

The patients of the two departments do not come in contact with each other in any way, both classes are cared for and have ample room within their own grounds.

Our Advertising.

We advertise in a few medical journals and occasionally send this circular to reputable physicians and only to patients or friends of patients when letters of enquiry have been received.

We make no promise we do not expect to fulfill, and hope at all times to have the confidence of our patrons and the medical profession.

ADDRESS:

SHEPARD'S SANITARIUM.

COLUMBUS, OHIO.

P. O. BOX 713. TELEPHONE 389.

LOCAL ADDRESS:

SHEPARD, OHIO.